(Monroe Institute Blog - February 8, 2024)

HOW I PERCEIVE THE GATHERING

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Anyone who has gone through **Exploration 27** or Starlines at the Monroe Institute knows about The Gathering, found in Focus levels 34 & 35. What makes these Focus levels so incredibly interesting is their seeming lack of sound. It's relatively silent in the audio guided meditations when you reach these levels, except for the sounds of what can be interpreted as chirping crickets. Because of the seeming silence, these levels tend to hit me pretty hard. It can be jarring to arrive there after experiencing so many other Focus levels that appear to seamlessly flow together. Because of this lack of ease and flow into **The Gathering**, I typically perceive it rather abruptly when I arrive.

I've found that each time I visit The Gathering, I have an incredibly interesting experience unlike any I've had in other Focus levels. After I get over the initial shock of the silence, I find myself having a hard time actually perceiving anything visually without being strictly guided. I tend to just exist there without audio or visual accompaniment. In this silence, I perceive whatever guidance exists for me in **The Gathering** in a conversational kind of way.

I tend to arrive, ask a question, and receive a seamless flow of answers in my mind. Answers tend to form, and conversations tend to happen there effortlessly with my guidance, making it a perfect place to meditate when I'm lost and seeking assistance. In fact, I think it may be one of my favorite places to bring in-depth and hard-hitting problems to work through my own thoughts and feelings. It tends to bring me far past emotions and drama and allow me to hit truth and knowledge at its core. So, if you're someone who has gone to these Focus levels before, I strongly encourage you to return and practice bringing hard-hitting problems along. And if you haven't, I encourage you to take Exploration 27 so you can experience this for yourself.

As I write this today, I'm in a worried and anxious state of mind, and just realized that meditating in The Gathering would be the perfect way to start the conversation I need to have with my higher self. I love that whenever I get to write about my meditations at the

Monroe Institute, I also get to have a conversation with myself, one that can help guide me to the peace I need. And today, I was able to find that peace in **The Gathering**.